

FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-ehc.med.navy.mil/hp>

Subscribe to this publication by visiting our web site. Click on "Friday Facts"



Friday FACTS

12 December 2003

"Leadership, Partnership, and Championship"

It Takes Courage
to Ask for Help

These Men Did

Click on their pictures
to hear their stories.



**REAL MEN
REAL DEPRESSION**

Real Men Real Depression

Depression affects men who often do not recognize their symptoms and problems as depression and thus do not seek professional assistance. NIMH has developed a public service campaign Real Men Real Depression to promote and encourage men to seek help. The website <http://menanddepression.nimh.nih.gov/> offers brochures, booklets, fact sheet, and PSA's on depression.

NEHC Command Excellence in Health Promotion Award

Thirty-two award submissions were received by NEHC from commands throughout the Navy and Marine Corps for consideration for the NEHC Command Excellence in Health Promotion Award. Receipt of all award submissions have been acknowledged via an E-mail message. If you sent an award submission and have not received an E-mail confirmation of receipt from NEHC staff, you may want to take the necessary steps to track down your award submission package and contact Sally Vickers at vickerss@ehc.med.navy.mil

Award submission reviews are currently being conducted and award recipients will be announced at the 43rd NEHC Occupational Health and Preventive Medicine Workshop in March 2004.

SECDEF supports Smoke Out!

Secretary of Defense Donald Rumsfeld wrote a letter supporting the military efforts for the Great American Smoke Out Day! He encourages non-tobacco use and avoidance of tobacco as health, fitness and readiness issues. To view the letter "Healthy Lifestyles Choices—Don't Use Tobacco" go to: <http://www-ehc.med.navy.mil/downloads/hp/DoD%20Sec%20Def%20letter.pdf>



National Drunk and Drugged Driving (3D)
Prevention Month Coalition

DECEMBER IS NATIONAL DRUNK AND DRUGGED DRIVING (3D) PREVENTION MONTH

ADMINISTRATIVE MESSAGE
ROUTINE

R 021031Z DEC 03 ZYB MIN PSN 668404I28

FM CNO WASHINGTON DC//N1//
TO NAVADMIN

BT

UNCLAS //N05350//
NAVADMIN 308/03

MSGID/GENADMIN/CNO WASHINGTON DC/-/DEC//

SUBJ/NATIONAL DRUNK AND DRUGGED DRIVING (3D) PRE-
VENTION MONTH//

RMKS/1. DECEMBER IS A TERRIFIC OPPORTUNITY TO RE-EXAMINE THE IMPORTANCE OF RESPONSIBLE BEHAVIOR BEHIND THE WHEEL AND THE NEED TO LOOK AFTER OUR SHIPMATES, PARTICULARLY AS WE PREPARE FOR THE HOLIDAY SEASON.

2. ABOUT A THIRD OF ALL HIGHWAY DEATHS INVOLVE DRUNKEN DRIVING. ALCOHOL AND DRUGS IMPAIR ONE'S JUDGMENT, SLOW DOWN REACTION TIME, AND DESTROY LIVES ON THE ROAD AND OFF. DO NOT LET YOU OR YOUR PEOPLE BECOME STATISTICS. GET INVOLVED, DEMAND COMPLIANCE, AND RAISE AWARENESS OF THE DANGERS. WE OWE IT TO OUR SAILORS AND TO THEIR FAMILIES.

3. A GOOD WAY TO RAISE AWARENESS IS TO HIGH-LIGHT THE NAVY'S "RIGHT SPIRIT" ALCOHOL PREVENTION AND DEGLAMORIZATION CAMPAIGN. LAUNCHED BY SECNAV TO REDUCE ALCOHOL ABUSE AND RELATED INCIDENTS, "RIGHT SPIRIT" HAS HELPED DEMONSTRATE BOTH THE HEALTH RISKS AND THE LEGAL RAMIFICATIONS OF EXCESSIVE ALCOHOL CONSUMPTION. IT IS AN ESSENTIAL ELEMENT OF OUR EFFORTS TO ENSURE READINESS AND AN INTEGRAL PART OF COVENANT LEADERSHIP.

4. FOR MORE INFORMATION ON THE "RIGHT SPIRIT" CAMPAIGN, 3D PREVENTION MONTH, AND BEST PRACTICES WORKING IN THE FLEET, LOG ONTO THE COMNAVPERSCOM (PERS-6) WEB SITE AT NAVWEB.SPAWAR.NAVY.MIL.

5. POC: MR. BILL MOORE AT (901) 874-4247/DSN 882 OR LTJG NEGRON AT (901) 874-2485/DSN 882; FAX (901) 874-4228; EMAIL MICHAEL.NEGRON@NAVY.MIL.

6. RELEASED BY W. SCOTT SLOCUM, N1 ACTING.//

"All life is an experiment." -Ralph Waldo Emerson